



Hockey helps the homeless
Local event raises money for charity
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Identifying is trendy
Wastebase shop has the most diverse costumes
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TUESDAY, OCTOBER 14, 2014

CONESTOGA COLLEGE, KITCHENER, ONT.

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4TH YEAR - NO. 15

Teacher to run in marathon

BY JENNIFER FORD

Conestoga College will be represented at the upcoming Boston Marathon by a teacher.

Roger Kline is a 40-year-old mechanical engineering professor who has consistently turned his life around. He will compete in the grueling 26.2 mile run (April 19, 2015). Kline works always as a physical condition as he has to do it. I start getting into shape until he turned 40. Now Kline has a secondary drive passion and for his running.

"The night he was a secondary thing. Kline used to drive because an addiction."

Running helped the former this passed. Kline got into great shape which in turn helped him eventually shake his bad habit of drinking to be able to run the marathon.

The age 40 man enjoys joined a running club in Paris, Ont. and never looked back.

"I didn't realize that I didn't have that great. I would have quit. Kline said."

He became extremely dedicated and eventually lost all his weight. Kline said he and two born-on children have been running, but supporting.

"They're born great. Kline said. But they do have a lot of love again a lot."

"I don't know that they're too far gone. He said. Kline said he is a parent in his 40s. A parent, a commitment to his 10 children is a day. It's extremely fun and consuming but beyond rewarding."

Although the 2015 Boston Marathon has long been a well-known people's marathon. Kline said he has received about something like that happening again, though he understands that events are always for sale.

He said he asked for the race was to put himself out there to finish strong.

Despite qualifying for the marathon, Kline does have some anxiety. One is that it took him 40 years to get into shape. He hopes now to do it some thing he'll always love doing.

"Yes, me as the completion of a heart, but just that I didn't know that." He said.

VOTING IN CAMBRIDGE JUST GOT A WHOLE LOT EASIER



PHOTO BY MICHAEL BROWN

Mobile students in Cambridge have their way to vote. It's just in the Oct. 17 municipal election. Residents can vote with either of the phone. For more, please visit: www.votetalk.com

Reducing mental health stigma

Awareness week focuses on education

BY KATHLEEN BROWN

One in five Canadians is diagnosed with a mental health illness in their life. Conestoga College faculty and staff recognize this and are helping students get the information they need.

Mental Health Awareness Week was held at the college from Oct. 6 to 12 with Counseling Services staff and faculty. The week featured a different topic on different forms of mental health every day.

Anxiety, depression, eating disorders and more are present. Last week among the topics covered.

"We're trying to create an open and welcoming around mental health," said Shannon Bernard, a counsellor at the college.

The purpose of Mental Health Awareness Week was to reduce the stigma around

mental health. The counselling office took the opportunity to tell students about what they have to offer.

"It's an opportunity for us to advertise our services and a good time for students to ask questions they need answered," Bernard said.

Approximately 50 per cent of Canadians will experience a mental health illness in their lifetime. Although it's not always obvious, mental health issues can be a barrier to work, school and social life.

According to the Canadian Mental Health Association, approximately 15 per cent of Canadians are currently living with a mental health issue. The year of 2013 experienced a major depression episode.

Conestoga's Student Life (CSL) took part in the awareness week, holding a "Vote Talk" Project that focused

on eliminating the stigma surrounding mental health and raising awareness about mental health issues within post-secondary schools.

"It's an opportunity for us to advertise our services and a good time for students to ask questions they need answered."

— Shannon Bernard

Jeff Roberts, CSL president, said their plan for the week was to focus on as many resources as possible to students and have students sign up for a number of events that they will be holding later in October.

Activities included a "Vote Talk" session, two guest speakers and a "Vote

Talk" session with a

The project also featured a human library Oct. 10 at the entrance of the college. Students were provided with one-on-one time to talk to others about mental health. Two counsellors from the college participated in the event, providing students with information on counselling services.

Information during the mental health week also focused on available resources like "Line 247," a group that helps people access education, mental health and crisis services provided by 24 different agencies across Windsor, Wellington and Ottawa. The focus of Line 247 is to try to create a "one-stop" shop.

On Oct. 22, a three-hour workshop will be held for students by "Vote Talk," a program that provides mental health resources to people across the province. Students can sign up at the CSL office.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
 "If you were at a friend's or relative's and you found a dead insect in your salad, what would you do?"



"Stop the person feeding the party."

Alex Chambers,
first year
business marketing

"Pick it off and keep eating."

Polina Blomke,
first year
business marketing



"Take it out."

Jordan Kane,
second year
biotechnology



"Tell them."

Kelly Smith,
first year
biotech and health
promotion



"Don't eat it."

Stephanie Chambers,
first year
business foundation

"Start flipping out and throw it."

Clyde Smith,
first year
production security
and investigation



Share Conestoga, you could be next respondent!

C-WING CLASSROOMS NEW AND IMPROVED



Photo by Conestoga College

Going universal major renovations this summer. Above: A student studies in Freshman graphs design student Jordan Kane's assigned job in one of the renovated classrooms. She was speaking on cam for video.

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2A03 – Deen Campus

Information is key in struggle against Ebola

The World Health Organization says more than 6,000 infected

BY JACK PARSONS

Ebola. It is a word that is unfortunately becoming more and more familiar these days. The first reports this year were in March, with hospital staff in Guinea taking the country's history of Ebola as a sign that the south-western region.

The World Health Organization (WHO) later confirmed the disease to be Ebola. In 2013, researchers at the New England Journal of Medicine traced the outbreak to a two-year-old girl who died from the virus in a laboratory, said village in southeastern Guinea.

Since then Ebola has spread like wildfire across West Africa.

The latest figures from WHO place the number of total infections at more than 6,000 across the three hard-hit countries: Guinea, Sierra Leone and Liberia. The number of deaths in these

countries is more than 3,000 and WHO recently declared that the outbreak constituted a Public Health Emergency of International Concern in 2014.

The outbreak marks all the criteria that warrant a PHEIC and was declared by WHO in its extraordinary event, in their declaration on Aug. 8.

This is the third time in its history that WHO has made such a declaration — the other two times were related to the H1N1 spread in 2009 and the emergence of polio in May of this year.

The virus has appeared in the United States but has so far only affected a few people. It has not appeared in Canada.

It is believed by our International Education Office that most of Concordia's international students come from the areas of West Africa that are experiencing the outbreak, said Brenda Cassidy,

director of corporate and partnerships at Concordia College in Montreal.

Concordia, and many post-secondary institutions with international students, looks like a unique problem where it comes to international students like the current Ebola case. Concordia has thousands of students using the campus every day and even a single person could be enough to infect many more.

But, according to Cassidy, the actual risk of infection at Concordia is almost nonexistent.

"Given that the incubation period for the disease is two to 21 days, anyone who has been here since early September cannot have contracted the virus," Cassidy said.

Ebola is not transmitted by air, water or food but rather through direct contact with bodily fluids. The disease remains an invisible threat, at the time and must make the jump to humans.

These restrictions make spread difficult in North America — one of the controlling reasons Ebola spread so quickly in West Africa is that many religious and literacy practices in the region involve burying and stone physical contact. In Canada, that is not the case.

Several of the countries hit by Ebola's spread have underdeveloped health infrastructures. Sierra Leone, for instance, has a population of six million people but has only about 130 doctors and just over a thousand nurses.

Above all, the most important thing in prevention and information. Cassidy stressed that Concordia has a plan in case Ebola does appear in Ontario or Quebec. In that event, Concordia would follow all guidelines according to recommendations and procedures issued by local public health officials for preventing the spread of the disease.

"I am advised by our International Education Office that none of Concordia's international students come from the areas of West Africa that are experiencing the outbreak."
— Brenda Cassidy

PREPARING FOR MID-TERMS



PHOTO BY JACQUES BOISJOL

Concordia's international students formed a study group to help them prepare for upcoming mid-terms at the college. Studying with classmates helps students to learn together.

46TH BAVARIAN FESTIVAL HELD IN K-W



PHOTO BY JACQUES BOISJOL

Golden Sparrow of Oktoberfest vendor shops at Oktoberfest's headquarters before the opening ceremonies and top toppings on Oct. 10 at 11:30 a.m. for the first time at Oktoberfest City Hall.

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Opportunity of a lifetime

Conestoga degree students can experience nuances of China and Japan

STAN BRUNST

Recent Conestoga degree students will have the opportunity of a lifetime when they travel to China and Japan in May 2007.

And it gets better. The two-week trip is a new course that meets one of their other two requirements.

Taken on from May 3-27, the course will include cultural, historical and geographical overview of Japan and China, visits to Kyoto and Osaka, and a trip to Beijing and Peking. Students will explore four cities in Japan and two in China and spend three or four days in each. They will study various aspects of the countries such as culture, politics, history, economy, geography and food, and will come to understand the differences between the East and the West.

Daily meetings will be held to discuss course material and students take the day and the course evaluation will consist of an exam, daily journal and paper.

Plans Brunst and Steve Hla are the instructors who will be accompanying the students in Asia. Brunst is a professor at Conestoga's School of Business and Hla is a lecturer in the School of Liberal Studies.

The cities that will be explored in China are Beijing and Shanghai and Kyoto and Tokyo in Japan. Beijing is a 3,500-year-old city that is now the cultural, political and financial, a thriving international city that is the economic powerhouse of China. Kyoto is known as the imperial city and cultural soul of Japan and Tokyo is the capital, which has the most populous metropolitan area in the world at approximately 35 million people.

“Students will be exposed to the writing (through signs and indications) as we travel around ... it is certain that they will find this point challenging as no one will have any points of reference.”
— Plans Brunst

According to Brunst, going down during will be a drive to change the system. The diversity of population will be the first shock, he said.

“In the Tokyo subway during rush hour, individuals are forced to push people in the subway. All that is done with ease, but that will be unusual for students.”

According to the new language will be difficult as well. “Students will be exposed to the writing through signs and indications as we travel around. They will also have the language. It is certain that they will find this point challenging as no one will have any points of reference. Brunst said.

Safety will not be an issue because China and Japan have excellent track records in terms of low levels of theft and aggression.

The cost of the trip (including taxes) is \$3,000 which covers airfare, local transportation, accommodations, breakfast (Chinese style) and insurance.

Students interested in signing up for this course should attend one of the 30-minute presentations being held on Oct. 28-29, 30 or 31 at the Doors at Conestoga campus. For times and room numbers or for further information, email: Plans Brunst at plans@conestoga.ca or The application deadline is Nov. 5.

WEIRD FACTS ABOUT CHINA AND JAPAN

What are some weird facts about these two Asian countries that you probably didn't know?

- Tokyo is one of China's national sports
- Late-night dinner is legal in Japan
- 100 million people in China live on less than \$1,000 per year
- Japan suffers 1,500 earthquakes every year
- The world's first paper money was created in China 1,400 years ago
- Japan has just two permitted fireworks per year
- Almost a third of the American's car pollution comes from China
- The world's oldest company operated in Japan from 578 BC to 2006
- Conestoga 40 percent of software installed in China in 2004 was pirated
- Japanese trains are among the world's most punctual, their average delay is just 12 seconds.

CAMPAGNING HEATS UP WITH THE ELECTION OCT. 27



Photo by John Smith

Campaigning at the upcoming election is getting underway at the Conestoga Centre for the Performing Arts. The show is a production of the arts on Oct. 27. Along, informed citizens take notes on the candidates' promises to decide which one will get the vote. For more, visit www.conestoga.ca.

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Hockey helps the homeless

BY JIMMY KENNEDY

People living on the streets fighting the cold weather and looking for something to eat are getting help from Hockey Helps the Homeless.

The organization was founded in 1993 by a group of Toronto business professionals who decided to make an annual industry hockey tournament into a charity event. It is a volunteer-driven organization that hosts fantasy hockey tournaments in various Canadian cities including Ottawa, Vancouver, Calgary, Toronto and Montreal. Each team has at least two NHL players and three Canadian Women's Hockey League players playing on it. All of the proceeds go to charities assisting the homeless such as the House of Friendship which operates an helping children, youth, men and women with low income and offering them facilities from food banks to clothing stores and providing shelter and supportive housing.

In Waterloo Region there are more than 1,000 people who are homeless.

"Homeless people are affected in many ways, such as mental illness or abuse and Mark Wolf the co-ordinator of the Waterloo Homeless men's team said these charities are perfect to get them the help they need. The Top Hockey team's home this year are Parkway Food (\$1-603), Team Waterloo (\$2-244), President 86 Financial (\$7-65), Waterloo Fire Rescue (\$4-03) and 303 Ciderhouse (\$2-72). To date



PHOTO BY JIMMY KENNEDY

Jack Thibault is a professional firefighter and the captain of Canada's, standing in front of Waterloo Fire Rescue Station No. 3 which held a car wash Oct. 4 to raise money to help pay for a charity hockey team.

Hockey Helps the Homeless has raised over \$3.5 million in donations.

This organization has many sponsors for their events. Locally, they include CTV 9, K100 FM, WFOV and the Kitchener Region.

To assist the organization, the Waterloo Fire Rescue recently held our winter at

their station on Sept. 27 and Oct. 4.

"We are trying to raise money so we can get a team together that is sponsored by the city fire department and Fred Tordella the captain training officer at Waterloo Fire Rescue Station No. 3. "We are hoping to raise \$6,000. One hundred

per cent of the raised funds will be going to local homeless charities.

The next hockey tournament will take place on Oct. 24 at MGM Park for those interested in watching the action. Teams will be provided with breakfast, lunch and dinner along with a banquet. Each team member

will receive his own professional personalized jersey. Teams also purchased their jerseys and each player will have at least 1000 on their team.

For more information on how to register for this tournament and other upcoming events go to www.hockeyhelpsthehomeless.ca

KITCHENER RESIDENT TAKES HELICOPTER FOR A SPIN



PHOTO BY JIMMY KENNEDY FOR WFOV

Kitchener resident Andy Morlock takes his electric-powered remote control helicopter out for a spin on Oct. 14 before the snow sets in. He goes to

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It's Almost Time for Ghoul

BY MATT HOSWELL

Halloween is the one time of the year when you are encouraged to be someone else—whether it is someone famous or not.

David Buckle, operations manager for the Spirit Halloween store at the Shopping Plaza 75 Weber St. N. in Waterloo and there are definitely some costumes that you will be seeing more of if you are heading out early to the little markets this year.

"Licensed Disney costumes are always really big with the kids for sure. The movie Frozen was really big this year and every little girl and boy for that matter wants a Disney Princess costume," Buckle said.

This Halloween isn't limited to the kids having all the fun, adults can get into the dressing up game too—usually with some X-rated and sexy costumes.

"With girls, especially in a university area like this, it's kind of cute. With the guys it's usually something funny," Buckle said.

A lot of people will go out and pick a costume off the rack, but there are also

the customizer folks who will put their own costumes together for something completely original.

"We get a lot of people who come together to make costumes as they will make a mask and add a some lingerie and do a diabolical group. It's definitely a really popular. I had a woman at the home who saw how she could make a women costume. Well we have that for that too," Buckle said.

The store is packed full of things to turn up as well as hundreds and hundreds of costumes taking up most of the space. A wall of masks offers everything from creepy demons to disgusting comedians.

Now if you can't find the perfect costume at the store, it's next best at putting something together, there are other options such as ordering online.

Lisa Harris and her girlfriend were walking around in town at the Spirit Halloween store as they looked at all the

masks and costumes.

Thinking of a few different ideas and she wants to be like them. Harris and Harris a girlfriend painted at home and she wanted him to be the best. With a beard and long hair he was well on his way to making that happen, but they had to order his costume online.

As for what they had planned for the evening Harris said "We want to go to a bar or something."

With Halloween only a few weeks away people are looking to own costume shops.

Chris David, a full-time costume shop employee and also a bit of bar working at Spirit Halloween but he has noticed how busy the store is starting to get.

Weekends are a little bit crazy compared to during the week and the closer we get to Halloween it's picking up a lot," Garrett said.



The WORKS is part of Burger Nation, which opened on Farmway Plaza in September. Spud, 18, held a charity event on Sept. 26 to raise money for Special Olympics in Vancouver.

PHOTOS
BY
KALI LABEL



Bistro serves more than burgers

BY KALI LABEL

Not only does The WORKS serve a wide variety of burgers, they also serve them in a community-oriented atmosphere.

The WORKS Groutier, Dan per MacLean opened its newest restaurant on Kitchener on Sept. 18 and held a Free Burger Day on Sept. 20 where patrons made donations instead of paying for their meal.

Shirley MacLean is the owner and operator of the new restaurant and also owns franchises in Waterloo and Kingston.



Shirley MacLean's Groutier is a community-oriented bistro that focuses on burgers and the special.



Owner Shirley MacLean (left) with typical Groutier in P.O. Church (left), MacLean (right), marketing school (left), Miller and (right) Special Olympics (left) donated (left) Adams (left), all of whom are friends of the owners.

If my father was a junior hockey coach who always had an intellectually challenged person on the team as the water boy or as the stick boy, so I grew up always seeing that??

— Shirley MacLean

In addition to being known for its philoanthropic work, the restaurant chain is known for its local favorite burgers that specifically reflect each community.

MacLean personally owned the local three "burgers" which are all connected to the Kitchener community. They include the Cops & Burgers burger which represents the Waterloo Regional Police and the Kitchener Burgers the Kitchener Burgers which was named for the Kitchener market, the Kitchener Bank which is a play on the Kitchener bank, and the Free Burger Day 4 which represents the local fire department and the Maple Groutier which represents one of Groutier's friends.

She didn't hesitate when

she was given the opportunity to choose a charity to donate the proceeds to.

MacLean grew up in the hockey world.

"My father was a junior hockey coach who always had an intellectually challenged person on the team as the water boy or as the stick boy so I grew up always seeing that. So it was an easy decision for him to choose Special Olympics — Kitchener Waterbury."

The Free Burger Day includes a prize example of why they are not just a regular restaurant — they also care about the neighborhood and the community.

In a Sept. 20 article on 570 News website Special Olympics coach John Weber said they're very grateful to be on the receiving end of the donations.

MacLean said The WORKS does not do these events all the time but they do different charity table events throughout the year to support Kitchener charities.

The restaurant, which is located at 685 Farmway Blvd. is open from 11 a.m. to 10 p.m. seven days a week.



The WORKS is part of Burger Nation and it recently held a Free Burger Day on Sept. 20 where it made donations to Special Olympics — Kitchener Waterbury rather than paying for their meals.

HOROSCOPE Week of October 14, 2014



Aries
March 21 – April 19



Libra
September 23 – October 23

Aries Let Aries know that you admire them; they thrive for adoration. Give them lots of compliments and engage in deep serious talks.

Libra Learn how to talk. They will talk about anything but in only terms on themselves. Be yourself around Libra and you won't run into any complications.



Taurus
April 20 – May 20



Scorpio
October 23 – November 21

Taurus Don't rush into a relationship with a Taurus; they are patient and expect others to be as well. They are secured by humor in the first laugh.

Scorpio Learn slowly. Scorpio always have something interesting to say. Don't hide things from them; they need to know what's going on at all times.



Gemini
May 21 – June 21



Sagittarius
November 22 – December 21

Gemini Gemini love to talk. Be knowledgeable about multiple topics in order to impress a Gemini; spend your mind and engage in a friendly debate.

Sagittarius Keep your emotions to yourself and they will be attracted to you. They love activities so suggest one that excites them, to open it up.



Cancer
June 22 – July 22



Capricorn
December 22 – January 19

Cancer Be honest and upfront about your feelings from the beginning. Don't lead them on; if you're not willing to provide a long-term relationship.

Capricorn When a Capricorn feels safe they will open up about their emotions. They appreciate practical and useful gifts.



Leo
July 23 – August 22



Aquarius
January 20 – February 18

Leo Shower Leo with compliments; they love the attention. If you're taking a date, be sure to be entertained; give them something to laugh about.

Aquarius When attracting an Aquarius, conversation is key. When choosing a date, variety is best. Think of interesting things to do and like music.



Virgo
August 23 – September 22



Pisces
February 19 – March 20

Virgo Make sure your conversation has a conclusion. Virgo dislikes being that go nowhere. Engage them with facts and details.

Pisces Please like adventure and novel events. Take them somewhere new and try a variety of different things. Make them feel comfortable with you.



The stars have spoken.

Oh Cliff



©2014 Don't forget until we have had this amazing online

Useless Facts

More than 30 per cent of the people in the world have never made or received a telephone call.

Turnips have been known to eat food twice as fast when heavy metal music is playing.

All tomato seeds in a given five are sisters.

Cats are the only birds that can see the colour blue.

The Automated Teller Machine (ATM) was introduced in England in 1967.

Sudoku Puzzle

9		7		2		8	5	
6				8	4	7		
	1						4	3
	9	4	3		8			5
				4			8	1
	8	3		5				4
					1		4	9
	5	1		3			2	
4	2		6	5				3

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Varsity sports

A S E C I T C A R P P I Y A D Y
W H Q L R A T S E P A R E N T F
L I O N A T I O N A L S J E S S
D P S E A S O N E R E Q B Z D D
H R Q M Q Y E S U R D Q Q S W
S L A I C N I V O R P V J M S T
I C B T F A S T E A L L H M E L
L A N O I T A T E V N I A A L N
N O I F M A H C W H Z E M A S O
H P N O I S I V E D T W B O R T
R S L A D E W E L O D Y C Z O N
E S P R I D E R W E A E L D I
C P Q Q Q N N F K L A J Z F N M
C P R R X W T A L G M Y Q C O D
O A Y R T N U O C B B O R C C A
S C P Y V W V L E P E S H V Y T S

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MEDALS
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BADMINTON
VOLLEYBALL
SOCCER
THERAPIST
INTERNATIONAL
PRACTICES
TEAMWORK
FREE
PROVINCIALS
NATIONALS

Curator thinks outside of the box

BY LOUIE BERNIER

Hands-on isn't a term that you would usually associate with an art exhibition. And for good reason: Works of art are usually displayed from the periodic perspective only or twenty photos or deliberate conditions. At the current exhibition at Waterloo City and Glass Museum entitled "Archive Fever," the idea is to buck that trend and put the show into your hands.

Admission is free for the exhibit, which runs through Jan. 4, 2018, and is mounted by Kevin Blake, a veteran curator of 20 years. Blake's inspiration came from Judy Wadkins' Time Capsules and Jaume Plensa's short story The Library of Babel.

The exhibit consists of many different boxes. Blake collected various museum artifacts and materials and asked if they would be willing to fill their boxes with what, ever they wanted. The idea is to select a box at random and catalogue its contents in your mind through hands-on discovery. Sometimes a telling object will give away the time-

line, but many times it also will have to provide an answer as to where belonging a person managing through.

"I like working with different people and changing the status quo of what you expect from an art show," Blake said.

Some of the boxes contain historical records in books usually classified in the archive storage things that helped build an artist or an artist. The oldest kind of a real wolf can be found in one. Another box has the only set of his hand. Instead some broke out when set it apart from the past, separate authenticity of the new. Several others featured the first book published by the first film, giving away their identity.

When asked which box was her favourite, Blake simply shook her head. "I love them all. There are very simple and get right to the point. Others are very elegant or personal."

As visitors walk their way through the various archives they're being asked as well if, once in a while, sculpture by Pascal Dubuc enters the exhibition room. It's a closed-circuit, interactive instal-



Photo by Louie Bernier

Kevin Blake, a curator at the City and Glass Museum in Waterloo, works people of all ages to come and experience their archives in a new way.

lation on a rotating table that displays what was filmed 45 seconds earlier onto a projection screen. It's a record to see yourself on film but not have it sent to your instant camera.

ment. All of the contents to make the show an expression of how we process time and information.

"You're experienced for a moment. I said it like a moment."

moment, you don't know what you're going to get and then you find out. The small space in between those moments is perfect. Blake was clearly very here. Bernier is a writer.

CONESTOGA LAYS OUT NEW WELCOME MAT



Photo by David H. Jones

Gracie Lee Beatty, a Wellesley Centre representative, works digitally in the newly renovated Student Centre 3 service building. The renovation was approximately a two-month project with the goal of providing a front door for Conestoga's two main clients and groups: students of the College campus. A new Wellesley Centre was the main focus of the renovation project. It was ready for the first week of school.

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